Forming a Healthy Lifestyle as a Value

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ABSTRACT

This article covers the ways to lead a healthy lifestyle at a time when, as a result of undoubted achievements in science and tragic failures, various natural disasters, epidemics of unknown and known diseases, the scientific discovery of the atom as a deadly weapon, etc., have arisen.

KEYWORDS: *psychophysics, "Temple of health and beauty" (Maimonides), healthy lifestyle and its value, biologic and social principles.*

The world is approaching the third millennium BC, it suffers from undeniable achievements and tragic failures in science (catastrophic urges, natural disasters, epidemics of unknown and known diseases, scientific discovery of the atom as a deadly weapon, etc.).

In this regard, the president of the Republic of Uzbekistan Shavkat Mirziyoyev emphasizes that "today the period itself demands the increase in the effectiveness of work aimed at promoting legal culture, healthy lifestyle, physical education and sports among our youth".

Thanks to the "explosion" of scientific and technical progress, mankind, which has achieved tremendous success in technology and science, has compared its capabilities with nature, the environment, and its (human) capabilities are endless, and the creative abilities of future discoveries are unpredictable. Today, before humanity, there is a sharp question about the biological nature of a person and how to organize a lifestyle in accordance with his social needs and live a full, creative life without becoming ill. The answer to this question at first glance is very simple and clear - to lead a healthy lifestyle. However, in modern society, a healthy lifestyle is a complex, multifunctional phenomenon.

A healthy lifestyle is associated with the personal-motivational embodiment of their social, psychological, physical capabilities and abilities by people. It should be borne in mind that for a healthy lifestyle, it is not enough just to focus on eliminating risk factors for the emergence of alcoholism, smoking, drug addiction, physical inactivity, malnutrition, conflicting relationships and other diseases, the main thing is to identify and develop all the diverse trends that "work" to form a healthy lifestyle and exist in different aspects of human life. A good psychophysical state of health, as a way of life, is the philosophy of people who do not want to be passive and who know that it is inevitable to reduce the disease, the weakness of the cardiovascular system, excess weight and performance. This is a way of life for those who struggle with risk factors, maintain and strengthen their viability and want to maintain quality of life at any age. Everyone knows that it is much easier and more rational to prevent the disease than to restore the "spoiled" organism. The role of education (including physical education) is to form an attitude to health as a fundamental human value in every member of the society.

Ancient doctors said that a person was called a "temple of health and beauty" (Maimonides). And the

man himself - the keeper of the temple - must take care that the temple is clean, beautiful and healthy. Today, many argue that health is a problem not only for medical professionals, but also for professionals who lead a healthy lifestyle. Therefore, the teacher, the doctor, should tell his apprentices how to keep this temple.

The main directions of a healthy lifestyle include the following: social (lifestyle should be aesthetic, moral and strong-willed): medical and biological (lifestyle should be age-related, provide energy, as well as strengthening, rhythmic and ascetic); pedagogical (lifestyle should be nurturing, forming and stimulating). A healthy lifestyle and its value.

Lifestyle is a philosophical and sociological category, which includes a set of typical types of life activities of a person, a social group, a whole society, considered in harmony with life circumstances. The way of life, on the one hand, is based on a certain set of activities in different spheres of social life, on the other hand, is based on the conditions of its development and development. The way of life is based on activity, more precisely, on the sum of activities in different spheres of social life. Of course, when considering the way of life, one should keep in mind under what conditions it develops and develops, but they do not specify the essence of the lifestyle of the class, social group and even a particular person.

Analysis of the directions of value shows that a number of new phenomena are formed in consciousness and behavior. Consequently, the modern way of life is expressed differently types that combine different manifestations of the consciousness of people: positive, negative and transitional. Directions of value are a component not only of consciousness, but also of behavior. The way of life of a person depends on what goals he pursues in his behavior.

Lifestyle is a biosocial category, which includes ideas about a certain type of life of a person, characterized by his labor activity, lifestyle, the form of satisfaction of material and spiritual needs, the rules of individual and social behavior. In other words, lifestyle is the "face" of an individual and at the same time reflect the level of social progress.

A healthy lifestyle is based on both biological and social principles. Biological ones:

- lifestyle should depend on age;
- lifestyle should be provided with energy;
- lifestyle should be strengthened;
- lifestyle should be rhythmic;
- lifestyle should be ascetic.

Social principles include:

- lifestyle should be aesthetic;
- lifestyle should be moral;
- lifestyle should be strong-willed;
- lifestyle should limit itself.

A healthy lifestyle includes the following basic elements: effective labor, rational labor and rest regime, elimination of bad habits, optimal mode of action, personal hygiene, hardening, rational nutrition, etc.

Suggestion and recommendation:

The introduction of elements of a healthy lifestyle, namely:

1. Effective labor
2. Rational mode of work and rest
3. The next tier of a healthy lifestyle is the elimination of bad habits (smoking, alcohol, drug abuse).
4. The main attributes that characterize the physical development of an individual are strength, speed, agility, flexibility and endurance
5. Hardening is a powerful healing tool
6. Another important element of a healthy lifestyle is personal hygiene

Conclusion

Therefore, health is one of the most important foundations of human happiness, joy and well-being, and therefore the problem of health is relevant for all mankind. It has always been and remains the focus of man's cognitive and creative activity. Now it is necessary to pay special attention to the formation of a healthy lifestyle. In particular, a healthy lifestyle is a way of life that is based on moral principles, intelligently organized, active, labor, tempering and, at the same time, protecting from the negative impact of the environment, allowing to maintain moral, mental and physical health until old age.

The habit of a healthy lifestyle is beauty and youth, health and longevity, happy old age.

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